

LOUDOUN COUNTY
DEPARTMENT OF PARKS,
RECREATION AND
COMMUNITY SERVICES

Area Agency on Aging
Director
Dr. Lynn Reid

MAIN NUMBER
703-777-0257

SENIOR SERVICES

Program Manager
Debra Williams

**SENIOR ACTIVITY
CENTER**

Dulles South
571-258-3883

SENIOR CENTER

Manager, Cassie Lebron
The Senior Center
of Leesburg
703-737-8039

ADULT DAY CENTERS

Manager, Cheryl Flowers
Leesburg
703-771-5334

Manager, Theresa Rinehart
Purcellville
571-258-3402

Manager, Megan Carriere
Eastern Loudoun
571-258-3232

ELDER RESOURCES

Program Manager
Tricia Budine
703-777-0257

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Dulles South **10 & 11**
Activities

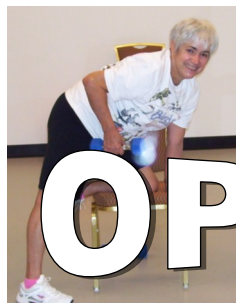
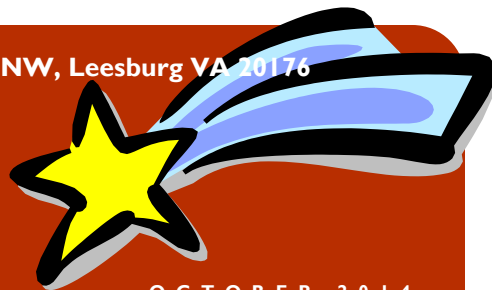
LSC Oct. Activities **12**

The Senior Center of Leesburg 102 North Street NW, Leesburg VA 20176

Silver Star

VOLUME 10, ISSUE 4

OCTOBER 2014



The Senior Center of Leesburg
Invites You To Our
3rd Annual

OPEN HOUSE

Tuesday, October 21st, 2014
All Day Event 9:00am - 8:00pm

FREE EVENT

Stop by and bring your family and friends
Enjoy activities all day
Dan Chutes will provide musical entertainment



* FREE FLU SHOTS

PROVIDED BY INOVA HEALTH SYSTEMS

- Must present Medicare Part B Card to receive vaccination

Call
703-771-5156
to register

Wednesday, October 1st, 2014 9:30am-10:30am

Wednesday, November 5th, 2014 9:30am-10:30am

MUST REGISTER IN ADVANCE



COMPUTER CLASSES

Buy/Sell on Ebay \$88. 127627-01

October 7th & 14th 1:00pm-3:00pm

Today's Technology for Baby Boomers

\$109 127650-01

Every Tuesday. Begins Oct. 21st thru Nov. 18th

1:00pm-2:30pm

FIND US ON THE WEB AT: WWW.LOUDOUN.GOV/SENIORS-LEESBURG



THE SENIOR CENTER OF LEESBURG

102 North Street NW, Suite B
Leesburg, VA 20176
703-737-8039

LEESBURG SENIOR CENTER ADVISORY BOARD NEWS

The Advisory Board has been busy adding new items to our center. We bought a new Kawai Digital Piano and our older piano will be placed on consignment with The Piano Company. Our new piano will be used for Senior Chorus, special events and the general membership.

We also purchased 192 dinner plates, salad plates and bowls, made by Royal Norfolk. They are bone white with stylish curved edges and will grace our party table during Thanksgiving and Christmas.

An HD TV by Visio was purchased. The Television is 24" and will be connected to the large projection screen, used for sporting events and other presentations.

If you wish other considerations or items for purchase please speak to an Advisory Board Member

Ed Valaer



Flu Shots provided by INOVA HealthSource Wed., Oct. 1st

9:30am -10:30am

This is for ages 4 and up.

Please bring Medicare Card — No Charge. All others must bring a check for \$30. to pay the nurse from INOVA Hospital

Buy & Sell on eBay

Tues., Oct. 7th & 14th
1:00pm - 3:00pm

Have a lot of stuff in your basement/garage collecting dust? Learn how to list items for sale, tend the auction and finalize the sale with paypal. You also learn all the tips and tricks to maximize your online auction experience. You should decide what item you want to sell before coming to class. 127622-01 \$88./ members

CASSIE'S CORNER

Manager's note:

Happy October everyone! We have so much going on in October, and I want to remind all of you to start getting out your vitamins because we are now entering the flu season. On October 1st we will be having flu shots.

On October 21st we will be having our Open House, and all ages are invited. This is a perfect opportunity for people who are wondering what we offer here at the center to come and see for themselves. I want to thank the Advisory Board for purchasing the lovely piano. If you have not had a chance to see it please go check it out in the dining room.

Thank you!
Cassie

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

~Lao Tzo



Belly Dance Class Every Wednesday at 10:30

Class begins October 1st
Experienced instructor
Karen Robeson.

No Fee for Members.
Sign up with Jen

New! Mahjong Class Every Monday at 10:00am

Class begins October 6th
Card Version

Sign up sheets at front counter



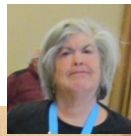


How To Get Fit?

**Tuesday, October 7th & 21st
9:00AM-9:45AM**

Are you intimidated by the hand weights and cardio equipment? Want to learn how to make the most of your cardio routine? Register now for the cardio equipment and have Carol answer all your questions. You'll learn how to use the machines effectively, and give yourself a more efficient workout. Carol Gordon, Certified personal fitness trainer will be our instructor. Cost: \$6. 127618-03.

SEPTEMBER BIRTHDAY PARTY!



On Wednesday, September 10th, 2014 the Senior Center of Leesburg celebrated birthdays for the following members: 1st Row: Kathy Silverberg. 2nd Row: Om Wadhwa, George Gorji, Audrey Warner, Jim Rocks, Myra Nesser, John Heisey. 3rd Row (LtoR) Mary Buckwalter, Raymonde Crutchfield, Louise Talbert, Susan Pappas, Emily Newton, Irene Ward, Anita Reduto, Mary Anne Lightkep, Anne Wohlford. 4th Row: Dallas Gibson, Bill Grupe, Phyllis Horton, Richard Snooks and William Washington. Top Right hand corner of picture is Debbie Hart whose birthday was also in September. Not pictured: Ammatul Yehya and Joy Wheeler

Congratulations to Audrey Warner who won the \$25. Kohls Gift Card and Dallas Gibson won the \$25. IHOP Gift Card. These prizes were given by the Advisory Board.

Every member won a prize off the wheel.

Thanks to Joy Wheeler and Ann Wohlford for the delicious Friendly Ice Cream Sundaes.

Book Club

"Major Pettigrew's Last Stand"

**Author: Helen Simonson
Wed., Oct. 8th 10:00am**

Copies of the book are available at the front desk. Pick up your copy today.



Guest Speaker

Medicare Enrollment & Information Session

Wed., Oct. 8th 11:00am

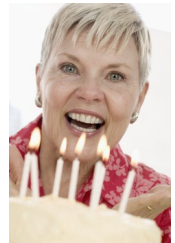
Come to this presentation by the Loudoun County Area Agency on Aging's VICAP Medicare Counseling program to get the information and all your questions answered.

Celebrate your October Birthday with us!

Wed., October 8th 12:30pm

Please call ahead by noon before October 7th for lunch reservation

Come and spin the wheel for fabulous prizes.



Guest Speaker

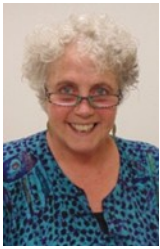
Dr. Edward Rhodes

Tuesday, Oct. 8th 1:00pm



Dr. Rhodes will talk on the topic
"America and the World: The Challenge of Foreign Policy."

Currently a professor on the faculty in Mason's School of Public Policy, Edward Rhodes studies American foreign and national security policy. Prior to joining Mason in 2010 as Dean of the School of Public Policy, Rhodes was on the faculty of Rutgers University, serving as founding Director of the Rutgers Center for Global Security and Democracy and as Dean of the Social and Behavioral Sciences. Rhodes received his A.B. from Harvard University and his MPA and Ph.D. degrees from the Woodrow Wilson School of Public and International Affairs at Princeton University.



Ceramics w/ Linda

Mondays: 10/20 & 10/27 (10am-Noon): Linda will be offering instruction on hand building.

Fridays 10/3, 10/10, 10/17, 10/24, 10/31. (10am-Noon): OPEN STUDIO

with help from Linda

Tuesdays: Learn to make lessons from Linda
10/7 Ceramic Masks (10am-Noon) & (4-6pm) \$5
10/14 Ceramic Bowls (10am-Noon) & (4-6pm) \$5
10/21 Ceramic Plates (10am-Noon) & (4-6pm) \$5
10/28 Ceramic Vases (10-Noon) & (4-6pm) \$5



Blue River Singers

Tues., Oct. 14th, 2014
12:30pm

The Blue River Singers from Leisure World will provide entertainment. Lead by Maggie Weaver.



Potluck Dinner & Bingo

Tuesday, Oct. 14th, 2014 5:00pm

Time to crack open the Senior Center of Leesburg Cookbook and prepare a dish to share. Each participant should bring an entrée, side dish, dessert or drinks to share with the group. Potluck starts at 5:00pm and Bingo is played afterwards. Bring a wrapped or bagged gift to play. Sign up at the sign-in station in the reception area at the center.



Rummikub Tournament

Wed., October 15th 10:30am

Calling all Rummikub Players. Join us for a friendly tournament of Rummikub. \$2.00/127662-01.



Lunch Bunch

Thurs., October 16th

11:30 am

Magnolia's at the Mill
 Purcellville, VA

\$2.00 transportation; lunch on your own.

127660-02

Free Haircuts

Monday, October 20th 9:00am

3rd Monday of each month

Barber service is by number. When you arrive Monday morning you will receive a number and if your number is called and you are not in the room, they will move on to the next number.



Circle of Support

October 20th, 2014

11:00am

Myth: A support group is sad and will make me feel worse.

Fact: All Groups are facilitated by a trained group leader who uses a variety of skills and experiences to balance the group dynamic. In addition to sharing emotions, and coping skills, group members frequently use humor and share "success" stories to illustrate their experiences.

Open House

Tues., Oct. 21st

9:00am-8:00pm



Celebrate our 3rd Year Anniversary. The entire community has an opportunity to tour the Senior Center of Leesburg. Volunteers provide guided tours of the facility. Dan Chutes provides live music.



NEW CLASS Today's Technology for Baby Boomers & Beginners

**Tuesday, Oct. 21st – Nov. 18th (4weeks)
1:00pm-2:30pm**

"Clear the fog" about technology. Stay connected with your computer, tablet, or wireless device. This 4 week course will delve into cell and smart phones, social media, iTunes, iPods, and Apps. That will all make your life easier. Find out what is Wi-Fi and Bluetooth and how to use them. Instructor: Andy with LAD Communications. 127650-01. \$88./ members.

Movie: NEW Showing Days & Times

Philomena

**Tues., Oct. 28th
5:00pm**

**Wed., Oct. 29th
12:30pm**



A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent.



Halloween Costume Party

Fri., Oct. 31st 11:00am

Come dressed in costume that day and enjoy
music, games and celebration.

Reservations Required \$1.00/members



Upcoming Events for November 2014

Flu Shots provided by INOVA HealthSource Wed., Nov. 5th

9:30am-10:30am

**Call Cheryl Wheeler to make appointment
703-737-8039.**

This is for ages 4 and up.

Please bring Medicare Card Part B-No Charge.
All others must bring a check to pay the nurse
from INOVA Hospital

November 6th - Veterans Day Luncheon. Registration Required. Free to all Veterans.

November 7th - Name That Tune

November 12th - Birthday Party at 12 Noon

November 13th - AARP Driver Safety Course. Registration Required.

November 13th - Lunch Bunch to Lightfoot. Registration Required.

November 18th - Movie Night - Jack Reacher. Registration Required.

November 20th - Thanksgiving Meal Served. Registration Required.

November 21st - Turkey Shoot. Wii Bowling League members bowl 50 pins over your average and receive a free turkey.

Senior Outreach Services

One on One Support with Area Agency on Aging Elder Case Manager Kathy Kehoe for confidential supportive assistance for aging issues.



Each 2nd and 4th Thursdays 11am to 12 Noon and 12:30pm to 4:30pm in the small conference room. Sign up in the lobby at the sign in station.



ATTENTION BUS RIDERS

You must call the drivers phone and leave a message to schedule or cancel a bus ride.

David Keyes 571-258-3437

Diane Simmons 703-771-5014.



The Senior Center of Leesburg OCTOBER 2014

Open Mon., Wed., Thurs., Fri. 9am-5pm, Tues. 9am-8pm



Monday



**Wednesday
October 1st
9:00am**
Inova Health Source
Bring your Medicare or
Medicaid card

Tuesday



**Tues., Oct. 21st
All Day 9am-8pm
FREE EVENT**
Stop by and bring
your family and friends.
Enjoy Activities and
Entertainment all day.

Wednesday

1 Flx Shots
9:00am Flx Shots RR
10:00am Hearing Loss Help
10:00am Ye Olde Gift Shoppe
10:30am Belly Dancing
10:30am Beginner Spanish RR
10:30am Backgammon
10:30am Crafts w/Minda
11:00am Bible Study w/ Bill
12 noon Lunch-RR-Donation
12:00 pm Beginners Line Dance
12:45pm Thrift Store Shopping at
Resourceful Woman
1:00pm Current Events Discussion
1:00pm Intermediate Line Dance
1:00pm Spanish Workshop

Thursday

2
9:00am Texas Hold'em
9:30am Yoga and Laughter
10:00am Goose Creek Bridge
10:30am Euchre
10:30am Mahjongg- Book
10:30 am Card Making w/Lee
12 noon Lunch-RR-Donation
1:00pm Pinochle
1:00pm Senior Chorus Meeting
1:00pm E-Comment
2:00pm Leesburg Senior Center
Advisory Board Meeting

Friday

3
9:00am Crochet Club
9:00am Stitch'n B Club
9:00am Pickleball
10:00am Ye Olde Gift Shoppe
10:00am NEW! Ceramics Open
Studio w/Linda
10:30am Line Dancing w/ Vinny
11:00am Intermediate Bridge RR
12 noon Lunch-RR-Donation
12:45pm Bingo with Gail
12:45pm Wii Bowling
12:45pm Phase 10 Masters
1:00pm Loudoun Bridge Buffs
1:00pm Zumba RR
2:30pm Free Weights

6

9:00am Stitch'n B Club
9:00am Crochet Club
9:30am Badminton
10:00am O'Heck
10:00am NEW! Learn to Play
Mahjongg
10:30am Rummikub
10:00am Ye Olde Gift Shoppe
10:30am Bid Whist
11:00am Tai-Chi
12 noon Lunch-RR-Donation
1:00 pm Dance Fitness w/ Minda
1:00pm Art Studio w/ Carol
1:00pm Setback Card Game

7 Buy/Sell Ebay

9:00am How to Get Fit RR
9:00 am Pickleball
9:00am Texas Hold'em
9:30am Quilt Maker's Club
10:00am Mexican Train Dominoes
10:00am Beginner Bridge RR
10:00am Ceramic Masks w/Linda
10:30am Chronic Disease Mgmt RR
11:00am Bingo w/Anna
11:00am Zumba Class RR
12 noon Lunch-RR-Donation
12:45pm Shopping at Target
12:30pm Mahjongg- Card
1:00pm Party Bridge
1:00pm Writer's Roundtable
1:00pm Buy/Sell on Ebay
4:00pm Ceramic Masks w/ Linda

8 B-Day Party

9:30am Badminton
10:00am Ye Olde Gift Shoppe
10:00am Book Club
10:00am NEW! Canasta
10:30am Belly Dancing
10:30am Beginner Spanish RR
10:30am Crafts w/Minda
10:30am Backgammon
11:00am Bible Study w/ Bill
11:00am Medicare Enrollment &
Information Session
12 noon Lunch-RR-Donation
12:30pm October B-day Party
12:00 pm Beginners Line Dance
1:00pm Current Events Discussion
1:00pm Intermediate Line Dance
1:00 Spanish Workshop

9

9:00am Texas Hold'em
9:30am Yoga and Laughter
10:00am Goose Creek Bridge
10:30am Euchre
10:30am Mahjongg- Book
10:30am Card Making w/Lee
11:00am German Conversation
11:00am Diabetes Support Group
11:00am Senior Outreach with
Kathy Kehoe RR
12 noon Lunch-RR-Donation
1:00pm Pinochle
1:00pm E-Comment

10

9:00am Pickleball
9:00am Crochet Club
9:00am Stitch'n B Club
10:00am Ye Olde Gift Shoppe
10:00am NEW! Ceramics Open
Studio w/Linda
10:30am Line Dancing with Vinny
11:00am Intermediate Bridge RR
12 noon Lunch-RR-Donation
12:45pm Bingo with Gail
12:45pm Wii Bowling
12:45pm Phase 10 Masters
1:00pm Loudoun Bridge Buffs
1:00pm Zumba RR
2:30pm Free Weights

13

Closed For Columbus Day



14 Blue River Singers

10:00am Beginner Bridge RR
10:00am Ceramic Bowls w/Linda
10:30am Chronic Disease Mgmt RR
11:00am Bingo w/Anna
11:00am Zumba Class RR
12 noon Lunch-RR-Donation
12:45pm Shopping at Marshall's
1:00pm Blue River Singers
1:00pm Party Bridge
1:00pm Buy/Sell on Ebay
1:00pm Writer's Roundtable
4:00pm Ceramic Bowls w/Linda
5:00pm Potluck Dinner and Bingo

15 Rummikub

10:00am Ye Olde Gift Shoppe
10:30am Belly Dancing
10:30am Rummikub Tourney RR
10:30am Backgammon
10:30am Crafts w/Minda
11:00am Bible Study w/ Bill
12 noon Lunch-RR-Donation
12:00 pm Beginners Line Dance
1:00pm Current Events Discussion
1:00pm Intermediate Line Dance
1:00pm Spanish Workshop

16 Lunch Bunch

9:00am Texas Hold'em
9:30am Yoga and Laughter
10:00am Goose Creek Bridge
10:30am Euchre
10:30am Mahjongg- Book
10:30am Card Making w/Lee
11:00am Lunch Bunch—Magnolia's
Purcellville RR
12 noon Lunch-RR-Donation
1:00 Senior Chorus Meeting
1:00pm Pinochle
1:00pm E-Comment

17

9:00am Crochet Club
9:00am Stitch'n B Club
10:00am Ye Olde Gift Shoppe
10:00am NEW! Ceramics Open
Studio w/Linda
10:30am Line Dancing with Vinny
11:00am Intermediate Bridge RR
12 noon Lunch-RR-Donation
12:45pm Bingo with Gail
12:45pm Wii Bowling
1:00pm Loudoun Bridge Buffs
1:00pm Zumba RR
2:30pm Free Weights

20 Free Haircuts

9:00am Stitch'n B Club
9:00am Crochet Club
9:00am FREE Haircuts
9:30am Badminton
10:00am NEW! Learn Mahjongg
10:00am Ye Olde Gift Shoppe
10:00am NEW! Ceramics Open
Studio w/Linda
10:00am O'Heck
10:30am Bid Whist
10:30am Rummikub
11:00am Circle of Support
11:00am Tai-Chi
12 noon Lunch-RR-Donation
1:00pm Dance Fitness w/ Minda
1:00pm Setback Card Game
1:00pm Art Studio w/ Carol

21 Open House

9:00am -8:00pm Open House
9:00am How to Get Fit RR
9:00am Texas Hold'em
9:30am Quilt Maker's Club
10:00am Mexican Train Dominoes
10:00am Ceramic Plates w/Linda
10:00am Beginner Bridge RR
10:30am Chronic Disease Mgmt RR
11:00am Bingo w/Anna
11:00am Zumba Class RR
12 noon Lunch-RR-Donation
12:45pm Shopping at Giant
1:00pm Party Bridge
1:00pm Tech for Baby Boomers RR
1:00pm Writer's Roundtable
4:00pm Ceramic Plates w/Linda
5:00pm Canasta

22

9:30am Badminton
10:00am Ye Olde Gift Shoppe
10:30am Backgammon
10:30am Belly Dancing
10:30am Crafts w/Minda
11:00am Bible Study w/ Bill
12 noon Lunch-RR-Donation
12:00 pm Beginners Line Dance
1:00pm Current Events Discussion
1:00pm Intermediate Line Dance
1:00pm Spanish Workshop

23

9:00am Texas Hold'em
9:30am Yoga and Laughter
10:00am Goose Creek Bridge
10:30am Euchre
10:30am Mahjongg - Book
10:30am Card Making w/Lee
11:00am Senior Outreach with
Kathy Kehoe RR
11:00am German Conversation
12 noon Lunch-RR-Donation
1:00pm Pinochle
1:00 E-Comment

24

9:00am Pickleball
9:00am Crochet Club
9:00am Stitch'n B Club
10:00am Ye Olde Gift Shoppe
10:00am NEW! Ceramics Open
Studio w/Linda
10:30am Line Dancing with Vinny
11:00am Intermediate Bridge RR
12 noon Lunch-RR-Donation
12:45pm Bingo with Gail
12:45pm Wii Bowling
12:45pm Phase 10 Masters
1:00pm Loudoun Bridge Buffs
1:00pm Zumba RR
2:30pm Free Weights

27

9:00am Stitch'n B Club
9:00am Crochet Club
9:30am Badminton
9:30am Investors Discussion
10:00am Ye Olde Gift Shoppe
10:00am NEW! Learn Mahjongg
10:00am O'Heck
10:00am NEW! Ceramics Open
Studio w/Linda
10:30am Bid Whist
11:00am Tai-Chi
12 noon Lunch-RR-Donation
1:00pm Setback Card Game
1:00pm Dance Fitness w/Minda
1:00pm Art Studio w/ Carol

28 Movie Night

9:30am Quilt Maker's Club
10:00am Beginner Bridge RR
10:00am Ceramic Vases w/Linda
10:30am Chronic Disease Mgmt RR
11:00am Zumba Class RR
12 noon Lunch-RR-Donation
12:45pm Shopping at Shopper's
12:30pm Mahjongg - Card
1:00pm Tech for Baby Boomers RR
1:00pm Party Bridge
1:00pm Writer's Roundtable
4:00pm Ceramic Vases w/Linda
5:00pm Movie - Philomena RR
5:00pm Ceramics

29 Movie Day

9:30am Badminton
10:00am Ye Olde Gift Shoppe
10:30am Belly Dancing
10:30am Crafts w/Minda
10:30am Backgammon
11:00am Bible Study w/ Bill
12 noon Lunch-RR-Donation
12:00 pm Beginners Line Dance
12:30pm Movie - Philomena RR
1:00pm Current Events Discussion
1:00pm Intermediate Line Dance
1:00pm Spanish Workshop

30

9:00am Texas Hold'em
9:30am Yoga and Laughter
10:00am Goose Creek Bridge
10:30am Euchre
10:30am Mahjongg - Book
10:30am Card Making w/Lee
12 noon Lunch-RR-Donation
1:00pm Pinochle
1:00pm E-Comment























31 Halloween Party

9:00am Crochet Club
9:00am Stitch'n B Club
10:00am Ye Olde Gift Shoppe
10:00am NEW! Ceramics Open
Studio w/Linda
10:30am Line Dancing with Vinny
11:00am Intermediate Bridge RR
11:00am Halloween Party RR
12 noon Lunch-RR-Donation
12:45pm Bingo with Gail
12:45pm Wii Bowling
1:00pm Loudoun Bridge Buffs
1:00pm Zumba RR
2:30pm Free Weights

Daily Activities: 9:00am Billiards, Coffee Chat, Table Tennis, Rummikub

RR- Registration Required

OCTOBER**OCTOBER 2014 MENU****The Senior Center of Leesburg**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reservation Required: Reserve Your Lunch at least 24 hours before the day you would like to attend. Call 703-737-8039	Cost of Meal \$4.00 for Adults ages 55-59 years old. By Donation for Adults ages 60 and up.	1. BBQ Chicken Noodles Spinach Fruit Roll Milk 	2. Swedish Meatballs Rice Vegetable Blend Fruit Roll Milk 	3. Baked Fish Delmonico Potato Vegetable Blend Fruit Roll Milk 
6. Hot Dog on Bun Baked Beans Chips Fruit Roll Milk 	7. Ham & Cheese on Bun Soup Chips Fruit Roll Milk 	8. Lasagna Tossed Salad Garlic Bread Fruit Roll Milk 	9. Tuna on Bun Pasta Salad Tortilla Chips Roll Fruit Milk 	10. Stuffed Cabbage Mashed Potato Vegetable Blend Roll Fruit Milk 
13. Columbus Day Holiday No Lunch Served	14. Fried Chicken Drumsticks Macaroni/Cheese Green Beans Fruit Roll Milk 	15. Salisbury Steaks Whipped Potatoes Green Peas Fruit Muffin Milk 	16. Sliced Turkey Sandwich Soup Chips Fruit Milk 	17. Fajita Salad Pickled Beets Cheese Cubes Crackers Fruit Roll Milk 
20. Baked Chicken Fillets Scalloped Potato Vegetable Blend Fruit Roll Milk 	21. Deli Sub Pasta Salad Chips Roll Milk 	22. Spaghetti/Meatsauce Tossed Salad Garlic Bread Fruit Milk 	23. Italian Sausage Cabbage Whole Potatoes Fruit Roll Milk 	24. Baked Fish Lima Beans/Corn Vegetable Blend Fruit Roll Milk 
27. Baked Ham Sweet Potato Mixed Greens Fruit Roll Milk 	28. Chicken Patty Sandwich Soup Chips Fruit Roll Milk 	29. Chili Mashed Potato Green Beans Roll Fruit Milk 	30. Meatloaf Mashed Potato Green Beans Roll Fruit Milk 	31. Chicken Salad on Bun Macaroni Salad Chips Roll Fruit Milk 



Medicare Part "D" Open Enrollment

Oct. 15th thru Dec. 7th

The **Medicare Part D Prescription Insurance Program's Annual Open Enrollment Period** is **October 15 thru December 7, 2014**. During this time, Medicare beneficiaries should look at their drug insurance options and decide if they want to switch plans. This is also when Medicare beneficiaries may enroll in a plan for the first time.

If a person switches plans or enrolls during those six weeks, the benefits will begin on January 1, 2015. The next opportunity to switch plans or enroll will be during the same months at the end of 2015, with benefits beginning in 2016.

Most Medicare prescription drug plans are expected to change premiums, drug co-pays, and even the drugs that they will cover in 2015. Take a few minutes now to re-evaluate your needs and the Part D plans for 2015. You may find that you can save money by switching plans, and if you have failed to enroll previously, this is your opportunity to enroll in a prescription drug insurance plan.

The Loudoun County VICAP* Medicare Counseling program offers **unbiased, free** help in comparing the Medicare Part D prescription drug plans and your estimated costs.

The first step in getting assistance is to **submit a "Medicare Part D Worksheet"**. You can get this form online at www.loudoun.gov/aaa, pick one up at any Loudoun County Senior Center, or request a form by calling the Loudoun Medicare Helpline at **703-737-8036**.

*VICAP - The Virginia Insurance Counseling and Assistance Program offers free, confidential help and advice for Medicare health insurance beneficiaries and their families.

VICAP counseling is a free service provided by your Loudoun County Area Agency on Aging. Depending on your needs, counseling can be provided by telephone or in person.



Librarian, Iris Dillard and Assistant, Nancy McKenna have some exciting movies available for ten day rentals. We have 44 VHS tapes and 72 DVDs ranging from westerns to comedies and even some classics. Look at the selection, review the list, and order a couple of movies to enjoy. We are always looking for new ways to provide fun activities for our members.



Eastern Loudoun Adult Day Center in Ashburn

Adult Day Centers

Loudoun County Adult Day Centers are County owned and operated licensed adult day centers for seniors with physical limitations or memory loss. Safe, inviting, well-staffed Centers are located in Purcellville, Leesburg and Ashburn. These centers provide respite for caregivers and a social environment with therapeutic activities and exercise, individualized personal care, nutritious lunch and snacks, medication administration, health monitoring, limited transportation and reasonable sliding scale fees for participants. Centers are open weekdays 7:30am-5:30pm, in Leesburg 703-7771-5334, in Purcellville 571-258-3402 and in Ashburn 571-258-3232 with video available online at: www.loudoun.gov/adulday

DULLES SOUTH SENIOR ACTIVITY CENTER

AREA AGENCY ON AGING SENIOR PROGRAMS

DULLES SOUTH SENIOR ACTIVITY CENTER
24950 Riding Center Drive
South Riding, VA 20152
571-258-3883

Please remember that your Dulles South membership badge must be worn while at Dulles South Senior Activity Center.

The only exception is that badges may be removed if needed for safety and comfort while exercising.

Dulles South Senior Center Lanyards are for sale for \$1.00 each



**Technology Support
with Gum Springs Library**
1st & 3rd Wednesdays Monthly
October 1st & 15th
1:30-2:30pm

Bring your questions & your portable technology devices and get assistance from Gum Springs Library Staff on site at the Senior Center



Senior Chorus Group
Oct. 2nd & 16th 1:00pm

Group departs Dulles South at 11:15am to dine at The Senior Center of Leesburg, participate in the Senior Chorus from 1:00-2:00pm before returning to Dulles South at approximately 2:30pm.



NEW!
Six Week
Chronic Disease
Self-Management Class
Fridays October 3rd - November 7th
12:30pm-3:00pm

This six week workshop will empower you to manage your own care and improve your quality of life. Topics include Nutrition and physical activity, making informed treatment decisions, dealing with difficult emotions and understanding medications. Sign up with Trish. Please plan to attend all six classes. Rectrac #129605-01.



Sept. Birthday Party!

On Tues., September 9th, the Dulles South Senior Activity Center celebrated birthdays for the following members: Rosetta Bush, Helen Stanek, Pritpal Birgi, Stella Gross and Carol Hanley.

Shopping trips at Dulles South

2nd & 4th Monday 12:30pm

Mon., Oct. 6th Target in Chantilly

Mon., Oct. 27th Walmart in Chantilly



Lunch Bunch
Mon., Oct. 20th 11:00am
Cracker Barrel in Sterling

\$2.00 for transportation; lunch on your own
Sign up with Staff. Rectrac 129603-02

Flu Shots

Tues., October 21st 9-11am

You must bring your Medicare Card with you.



Book Club
Wed., October 22nd 10am
The book for October is entitled The Lowland by Jhumpa Lahiri. Pick up your copy from the staff office and join the group discussion.

Guest Speaker

Fall Prevention and Physical Therapy

Thur., Oct. 23rd 1:00pm

Falls among older adults are prevalent and can diminish the ability to lead an active and independent lifestyle. With the cold and potentially icy months ahead, there are basic strategies and techniques that can be implemented to reduce your chance of falls. Physical Therapists from Loudoun Sports Therapy Center will discuss the techniques and importance of fall prevention.

DULLES SOUTH SENIOR ACTIVITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:30 – 4:30 Games Galore</p> <p>11:00 Yoga for Seniors</p> <p>12:00 Lunch – RR</p> <p>Shopping Trips 1st & 4th Monday In October 12:30 p.m.</p> <p>Oct. 6th Target in Chantilly</p> <p>Oct. 27th Walmart in Chantilly</p> <p>Lunch Bunch 3rd Monday Oct. 20th 11:00 a.m.</p> <p>Cracker Barrel \$2 transportation Lunch on Your Own RecTrac# 129603-02</p>	<p>10:00 Tai Chi</p> <p>10:00 Sing for Joy</p> <p>10:30 – 4:30 Games Galore</p> <p>10:30 Walking Club</p> <p>10:30 Bible Study</p> <p>11:00 Yoga for Seniors</p> <p>11:00 Line Dance</p> <p>11:30 – 1:30 Computer Help w/ Alfred</p> <p>12:00 Lunch – RR</p> <p>12:30 English Chat</p> <p>12:45 – 2:00 Knit “N” Stitch Club</p> <p>1st Tuesday Oct. 7th, 10:00-12:00 Inova Mobile Health Services</p> <p>1st Tuesday Oct. 7th 12:45 Advisory Board Meeting</p> <p>2nd Tuesday Oct. 14th, 12:30 Birthday Party</p> <p>3rd Tuesday Oct. 21st 9:00 – 11:00 *Flu Shots*</p>	<p>10:00 Tai Chi</p> <p>10:30 – 4:30 Games Galore</p> <p>10:30 Bible Study</p> <p>11:00 Yoga for Seniors</p> <p>12:00 Lunch – RR</p> <p>12:30 English Chat</p> <p>12:30 – 1:30 eComment</p> <p>1:00 Art Group</p> <p>1st & 3rd Wednesdays Oct. 1st & 15th 1:30 – 2:30 pm Tech Support w/ Gum Springs Library</p> <p>2nd, 3rd & 4th Wednesdays 12:30 Blood Pressure Checks by Vol.</p> <p>4th Wednesday Oct. 22nd, 10:00 Book Club</p>	<p>10:30 – 4:30 Games Galore</p> <p>10:30 Bible Study</p> <p>11:00 Mat Yoga</p> <p>11:00 – 12:00 Computer Help w/ Baldev</p> <p>12:00 Lunch – RR</p> <p>12:30 Knit “N” Stitch Club</p> <p>1:00 – 4:00 Party Bridge</p> <p>1:00 Line Dance</p> <p>1st & 3rd Thursdays Oct. 2nd & 16th 11:15 a.m. – 2:30 p.m. Travel by bus to Leesburg to participate in the Senior Cho- rus Group</p> <p>Guest Speaker Oct. 23rd, 1:00 p.m. Guest Speaker: Loudoun Sports Therapy: Fall Prevention & Physical Therapy</p>	<p>10:30 – 4:30 Games Galore</p> <p>11:00 Yoga for Seniors</p> <p>12:00 Lunch – RR</p> <p>2nd Friday Oct. 10th 11:00 Library Outreach Services</p> <p>6 week Class: Chronic Disease Self- Management</p> <p>Fridays, 12:30 – 3:00 pm</p> <p>Begins Friday, Oct. 3rd Continues for 6 Fridays through Nov. 7th</p> <p>Please plan to attend all 6 classes.</p>

If you would like to be a contributor to the Silver Star and have information newsworthy to seniors, submit to Jackie Mayne @ 703-777-0358—102 North Street NW, Suite B, Leesburg, VA 20176 or via e-mail at jackie.mayne@loudoun.gov. Deadline for material is the 5th of the previous month. No publication guarantee. Submissions are reviewed for content suitability, and may be edited for content and space. Items submitted will not be returned.

The Senior Center of Leesburg

Oct. 1st - Flu Shots RR
Oct. 2nd and 16th - Senior Chorus Meeting
Oct. 7th - New Class Buy/ Sell on Ebay RR
Oct. 8th - October Birthday Party RR
Oct. 13th - Closed for Columbus Day
Oct. 14th - Blue River Singers
Oct. 15th - Rummikub Tournament RR
Oct. 16th - Lunch Bunch to Magnolia's at the Mill RR
Oct. 20th - Free Haircuts
Oct. 21st - Open House 9am-8pm
Oct. 28th & 29th - Movie Night and Day "Phlomena" RR
Oct. 31st - Halloween Party
RR - Registration Required

PRCS—Area Agency on Aging
The Senior Center of Leesburg
102 North Street NW, Suite B
Leesburg, VA 20176

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*JOURNEY TO THE
BETTER HALF OF LIFE*

Label Here



**October 2014
Happy Halloween**